

# LIVING ROOM LIFESAVERS

Bringing life saving CPR skills to you



## Online Learning

(25 mins)

For the very first time, we've made our surf lifesavers training resource available to the community

### What you will learn

- ✓ Key principles of providing basic emergency care
- ✓ Primary assessment and CPR on adults
- ✓ Use of an Automated External Defibrillator (AED)



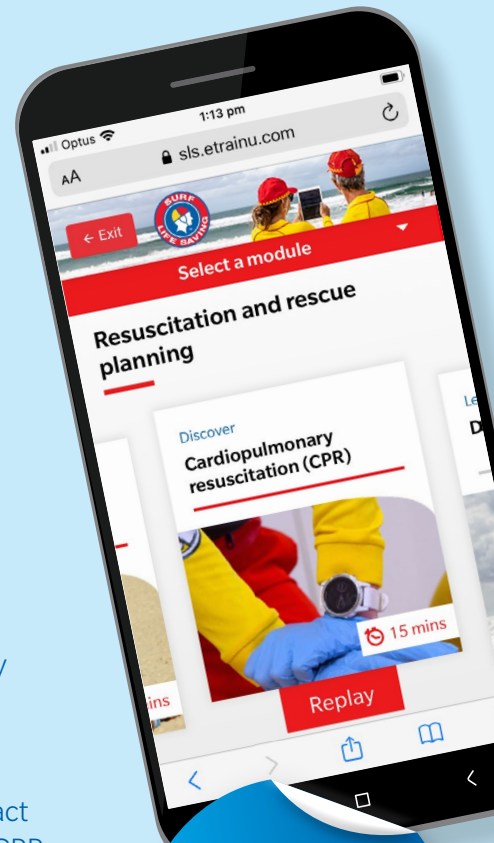
## Virtual Classroom

(1 hr)

An engaging virtual classroom learning experience facilitated by one of our experienced trainers

### What we will cover

- ✓ Latest guidelines on the impact of COVID-19 on performing CPR, including the use of pocket masks
- ✓ Techniques to ensure that CPR is effective on both adults and infants
- ✓ Managing complications during CPR and managing victims after CPR



Online Learning  
**\$25**



Practical Session  
**\$40**

## Accelerated Practical Session Face to Face (1 hr)

A hands-on practical session on the other side of COVID-19, exclusive to participants who've completed both of the Working from Home CPR sessions

### What we will cover

- ✓ Short recap on learning so far
- ✓ Practical application of the recovery position, CPR on manikins and use of an AED
- ✓ Theory and practical assessment for HLTAID009 Provide cardiopulmonary resuscitation\*

For all booking enquiries please email [training@surflifesaving.com.au](mailto:training@surflifesaving.com.au) or contact your account manager.

\*Refer to the course description for further details (RTO code: 90394)